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Research Article

The Effect of Mothers Self-Efficacy on Self and Their Child Psychological Well-Being

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ABSTRACT

Mother self-efficacy has been known as a key factor in promoting healthy functioning for mothers and their children. However, no study has ever explained causal relationship between mother's self-efficacy mediated by psychological well-being that explain the effects on child psychological wellbeing. Therefore, the present study aims the causal relationship between mother self-efficacy and child psychological wellbeing mediated by psychological wellbeing of female teachers in Jalalabad city in Afghanistan. The study participants included 250 mothers and 250 of their children who were selected by purposeful sampling. The Questionnaires for mothers used in this study were: Psychological Well-Being and Parental self-efficacy. Children also completed the Psychological Well-Being. Methods for analysing the data were: Bivariate correlation analysis, structural equation modelling for model fit indices and direct effect of the variables and process macro bootstrapping for the indirect effect of the variables. The findings of this research showed the designed model had an excellent model fit. The direct path between mother self-efficacy with mother psychological well-being and children psychological well-being were positive and significant, and between mother psychological well-being and children psychological well-being was positive and significant as also this research showed the indirect effects of mother self-efficacy mediated by mother psychological wellbeing on children psychological wellbeing is positive and significant. The results suggested that in order to increase child psychological well-being, women should become more familiar with their maternal belief in their ability to influence their child in a healthy and success-promoting manner.

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Introduction

For decades, mother self-efficacy or maternal belief in their ability to influence their child in a healthy and success-promoting manner that has been known as a key factor in developing healthy functioning for parents and their children (Bandura, 1997). Spielman & Taubman-Ben-Ari (2009), have suggested that mother self-efficacy consists of a mother's behavior regarding parenting responsibilities and their degree of confidence to accomplish the parental role. Parents with sense of high self-efficacy in parenting roles evaluate the current life conditions as less problematic and believe that the problems are solvable, this positive belief increases their psychological well-being (Begum et al., 2020). Parental self-efficacy or belief in their abilities to be a good parent can affect the child in a way that promotes children's

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psychological well-being (Albanese et al., 2019). Mothers with high levels of maternal efficacy have sufficient competences in increasing various dimensions of psychological well-being of their adolescents, such as self-acceptance, autonomy, purpose in life and personal growth (Rebekah, 2018). Studies of Vance et al. (2020) and Milam et al. (2019) found that mother self-efficacy predicted better maternal psychological well-being. Mothers with low self-efficacy are related to lower levels of psychological well-being (Caprara, 2002; Ersöz, 2017; Rasool &Zubair, 2019)

Other important variables of this study are mother and child psychological well-being. Various researchers stated that the psychological well-being of mothers shows a strong and inseparable relationship with the psychological well-being of their children. Good maternal psychological well-being is an important part of healthy child development (Coles and Cage, 2022; Dickerson, 2021; Khurshid et al. 2016). One of the most popular definitions of psychological well-being is provided by Reef (1989). He has considered 6 components for psychological well-being: Having a positive attitude towards oneself (self-acceptance), establishing warm and intimate relationships with others and the ability to empathize (positive relationships with others), feeling independent and being able to endure social pressures (autonomy), having a purpose in life and giving meaning to it (purposeful living), the feeling of continuous growth (personal growth) and the individual's ability to manage the environment (mastery of the environment). People with higher well-being have a good perception of the situation around them and experience positive emotions. On the contrary, people with lower well-being experience negative emotions such as anxiety, anger, and depression and generally have a bad perception of the life situation (Meyers et al., 2016).

As the literature shows, various studies have investigated the relationships between self-efficacy and psychological well-being with basic correlation. However, no study has ever explained causal relationship between mother's self-efficacy mediated by psychological well-being that explain the effects on child psychological wellbeing. Thus, the present study might fulfil this research gap. The aim of this research was the causal relationship between mother self-efficacy and child psychological wellbeing mediated by psychological wellbeing of female teachers in Jalalabad city in Afghanistan with following hypothesis.

1) There is a direct and positive relationship between self-efficacy and psychological well-being of women.
2) There is a direct and positive relationship between mother self-efficacy and the psychological well-being of their children.
3) There is a direct and positive relationship between mothers and their child psychological wellbeing.
4) There is an indirect relationship between mother self-efficacy and child psychological well-being through the mother psychological well-being.

Materials and Methods

The structural equation modelling in SPSS software version 24 and AMOS version 24 were used to evaluate model fit indices and direct effect of the variables, the $\chi 2$ test, the comparative fit index (CFI), the incremental fit index (IFI), the Tucker–Lewis index (TLI) and the root mean square error of approximation (RMSEA) (Kline, 2011), and process macro for the indirect effect were included (Hayes, 2018).

Participants and procedures

The statistical population of this study included all female teachers (2400) who have been teaching at 2021in the central city of Jalalabad and one of their children aged 16 years or over. Preceding to the data collection, necessary permissions were obtained from the Education Department. Then, referring to each school, we explained the research objectives to participants and assured them that the data collected will be kept confidential and that they could withdraw from the study anytime they wanted to. This way, not only female teacher agreed to participate in the study, but also they promised to help the researchers with completing the questionnaire by one of their children. First we distributed the questionnaires to female teachers, and they filled them out in 30 minutes on average. After they completed the questionnaires, the questionnaire relating to their children were submitted to them to be completed by one of their children at home. A total of 300 questionnaires from female teachers and 300 questionnaires from their

children were collected, of which 50 incomplete questionnaires were discarded and the final sample for testing the hypotheses was 250 female teachers and 250 of their children from 12 urban girls' schools by purposeful sampling method.

The demographic result shows that a total of 168 female teacher participants in this study had two years diploma from teacher training colleges, 78 had bachelor's degree, and 4 had high school graduates. The majority of the female participants had more than 10 years of experience. Of these female teacher participants, 190 were between ages 36-50, and 60 were more than 50. In addition, the majority of the participating children in this study were females (154 girls, 96 boys)

Research Tools

In this study, Parental Self-Efficacy Questionnaire prepared by Domka et al. (1996) was used to assess mother self-efficacy. The questionnaire has 10 items and is scored on a Likert scale of 7 degrees 1 (rare) to 7 (always). In the present study, the Cronbach's alpha reliability coefficient of this questionnaire was calculated to be 0.93. Also, confirmatory factor analysis was used to evaluate the validity of the questionnaire. The modified Fitness indices reached an excellent validity of the questionnaire (IFI = 1.000 ,CF I = 1.000, NFI=0.98, RMSEA =0.01, X2/df = 0.982).

In the present study, to assess the psychological well-being of mothers and their children, the short form 18-item Psychological Well-Being questionnaire of Reef (1989) on a 6-point scale from strongly disagree (1) to strongly agree (6) were used. In the present study, the total Cronbach's alpha reliability coefficient of this questionnaire was 0.93 for female teachers and 0.91 for their children. Likewise, in the present study confirmatory factor analysis was used to evaluate the validity of the mother's psychological well-being questionnaire was (IFI = 0.96, CF I =0.96, RMSEA = 0.05, X2/df = 1.75), and their children psychological well-being questionnaire was (IFI = 0.93, CF I =0.93, RMSEA = 0.05, X2/df = 2.66) which showed that the fitness indices have an excellent validity of the questionnaire for both female teachers and their children.

Results

Table 1: Mean, Standard Deviation and Correlation between Variables

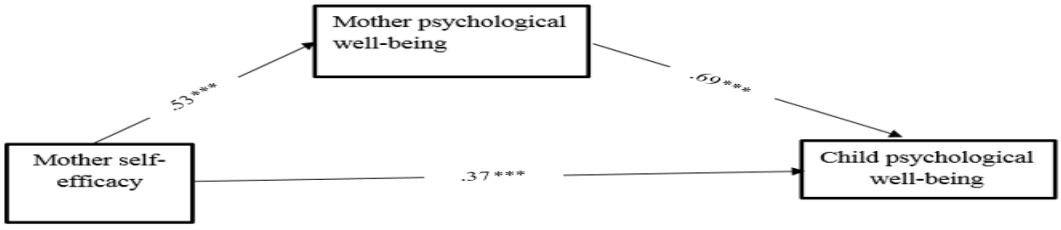
Variable		D				
Mother's self-efficacy	2.98	0.02				
Mother's psychological well-being	0.38	.07	57**			
Children's psychological well-being	4.04	.27	78**	69**		

**p < 0.05

Table 2: Fitness Indices of the Proposed General Model and the Modified Model

Fit indicators	CFI	IFI	TLI	RMSEA	df	x2/df	x2
Proposed model	.77	.77	.76	.086	98	2.843	2802.48
Modified model	.98	.98	.97	.028	978	1.165	1152.2

***p < 0.001



Model.1: Direct Standardized Coefficients between Variables in the Modified Model
Table 3: Bootstrap completely standardized indirect effects Results

Paths		Effect	SE	95% CI	
				LL	UL
Total effect	c	.7245	.0365	.6525	.7964
Direct effect	c'	.5295	.0598	.0936	.3240
self-efficacy → psychological well-being → child psychological well-being		.2108	.0572	.1085	.3309

Discussion

The results of this research have shown that the self-efficacy of women have a positive and significant effect on their psychological well-being. Therefore, hypothesis 1 of the present research was confirmed. This finding is similar with the finding of Vance et al. (2020); Milam et al. (2019) and Begum et al. (2020). These mothers with high degree of self-efficacy may increase their beliefs and ability in controlling events in the environment which may increase their psychological well-being. In addition, these mothers may believe about their own ability to be a good mother and may feel more satisfied and able to do what is needed to continue and thus attain a specific task that increased their psychological well-being. These mothers who feel more self-efficacy in being mothers, may evaluate the current life conditions as less problematic and believe that the problems are solvable. This positive belief can acts as a protector of mothers against problems and increases their psychological well-being

The results of the analysis of the present research have shown that the mother's self-efficacy has a positive and significant effect on their children's psychological well-being. Therefore, hypothesis 2 of this research was confirmed. This finding is similar with the research of Albanese et al., (2019) and Rebekah (2018). These mothers with sense of self-efficacy could search appropriate knowledge and information in the field of useful methods for child care. They might be confidence in their competence in raising their children and they might be sure their performance will have a positive effect on their child. Mother's beliefs in their own capabilities as a good mother can positively affect their children psychological well-being. Therefore, it is considered that mother's self-efficacy has strong effects on child's growth and health. The mothers warm and sincere behavior combined with affection can have relatively stable effects on the psychological well-being of their children

The results of the present research have shown that the psychological well-being of the mothers have a positive and significant effect on the psychological well-being of their children. Therefore, hypothesis 3 of the current research was confirmed. This finding is consistent with the research of Coles and Cage (2022), Dickerson (2021), and Khurshid et al. (2016). These mothers may have warm relationships with their children due to their psychological well-being. They would properly manage their children's daily life needs, appropriately plan the future of their children, consider the values that are important for their children, and might always try to improve their children's lives.

There is an indirect relationship between the mother self-efficacy and child psychological well-being through the psychological well-being of mothers. The results of this research showed that the mother self-efficacy have an indirect connection with the psychological well-being of their children through the psychological well-being of a mother. Therefore, hypothesis 4 of this research is confirmed. This finding supports the finding of Vance et al. (2020) and Milam et al. (2019) who found that mother self-efficacy predicted better mother psychological well-being. The fact might be that high mother self-efficacy could explain high level of psychological well-being by promoting better self-control, self-confidence, and the use of strategies to face challenges. These women who have more

psychological well-being may pass their own psychological well-being characteristics to their children naturally. The psychological well-being of mothers is the main reason for their intimate and warm relationships with their children. It is possible that these mothers provide an opportunity for their children to actively participate in the management of life activities that could enhance their children psychological well-being.

Conclusion

The findings of the present study showed that mother's self-efficacy can directly increase children's psychological well-being. Of course, this increase also was done indirectly mediated by mother's psychological well-being. According to the results of this study, it is suggested that women should become more familiar with their self-efficacy beliefs to increase their own psychological well-being as well as their children's psychological well-being.

Theoretical and Practical implications

It is suggested that this research be repeated in other cities for better understanding of the studied variables.

It is suggested that the model of the current research should be conducted in longitudinal studies as well.

It is suggested to use other variables for self-efficacy such as the father's role.

According to the results of this research and the effect of mother self-efficacy on their psychological well-being, it is suggested that government should plan to increase the self-efficacy beliefs in women.

According to the result of this research that showed mother self-efficacy has a direct effect on children's psychological well-being, it is suggested to take appropriate steps toward educating women to increase their self-efficacy.

According to the result of this research that showed mother psychological well-being has a direct effect on children's psychological well-being, it is suggested to take appropriate steps toward educating women to increase their psychological well-being.

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